



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

HELLMUTHHäUSER, Robin

Club: Genusslauf Schleusingen
 Number: 390

Course: 18.50 km
 Lange Strecke

Category:
 Männer (20-29 Jahre)

Total time: 1:34:41

Speed: 11.72 km/h
 Running performance: 5:07 min/km

Rank in course/Total: 70 (of 144)

Rank in course/Men: 66 (of 118)

Best time in course: 1:06:50

Rank in category: 8(of 12)

Best time in the category: 1:08:12

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	45:02	4:50	7	11:24	46	12:03	9.30	45:02	4:50	7	11:24	46	12:03
Runde	9.00	48:50	5:25	9	14:59	77	15:36	18.30	1:33:52	5:07	8	26:23	66	27:39
Finish	0.20	0:49	4:04	7	0:10	44	0:14	18.50	1:34:41	5:07	8	26:29	66	27:51